

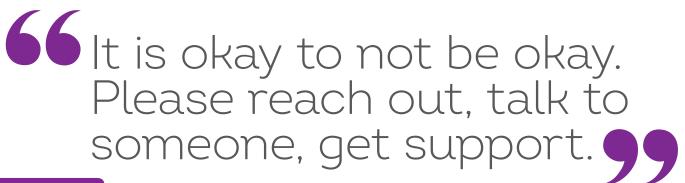
ARE YOU:

- -A Front Line Healthcare Worker?
- -A First Responder?
- -Staff in a Long-Term Care or Assisted Living Setting?

ARE YOU feeling overwhelmed by the COVID-19 pandemic?

There is FREE, CONFIDENTIAL PHONE SUPPORT available 7 days a week.

Call 207-221-8196 or Text "Frontline" to 898-211 to connect with support 8am-8pm 7 days/wk



Interpreter services available

Dr. Nirav Shah, Director, Maine CDC, 4/24/20

These services are **NOT THERAPY**. They are **NOT TREATMENT**. Speak with a healthcare professional trained in Psychological First Aid to help you manage stressors during the COVID-19 Pandemic. The Maine FrontLine WarmLine will be available until further notice.

The following have joined forces to support Maine's Front Line and First Responder community: The Maine Department of Health and Human Services, including the Office of Behavioral Health and Center for Disease Control and Prevention's Disaster Behavioral Health and Maine Responds programs; The Maine Association of Psychiatric Physicians, The Opportunity Alliance; Maine Department of Public Safety, Maine Emergency Medical Services, The Maine Psychological Association, the Maine Chapter of the National Association of Social Workers.